

Fall, 2014



*Femmes D'Esprit*

# WHAT HAS HONORS BEEN UP TO?

## September:

- ◇ The Honors Program welcomed the Class of 2014,
- ◇ The Honors Program wished Bon Voyage to **Katy Baudendistel** and **Michelle Goyke**
- ◇ The Honors Living & Learning Community welcomed **Rashaa Parker** as its new Resident Advisor.
- ◇ The Honors First Year Experience seminar welcomed guest speaker Stan Friedmann in the Lower Lounge of Ursula for his program entitled Ingelore.

## October:

- ◇ At Honors Convocation,, the School of Arts & Sciences honored students from the Honors Program who had achieved Honors, Dean's List, and scholarship honors. Congratulations to: **Catherine Baudendistel, Claudia Benitez, Holly Bogardus, Cloricea Brooks, Anaudy Figuereo, Lena Fin, Michelle Goyke, Ashley Hernandez, Symone White, Shacelles Bonner, Anissa Figueroa, Rashaa Parker, Lina Arboleda, Nuani Bernardez, Hannah Cambel, Maris Mendez, Barrett Pritchard, Dominique Smith, and Diamond Yancey.**
- ◇ Junior **Michelle Goyke** received the *Thomas Crowley Sr. Memorial Scholarship* in honor of the father of the current Crowley Maritime Corporation CEO, Tom Crowley. The scholarship supports her semester at the Williams-Mystic Program (see photo, right).
- ◇ On Founder's Day, junior **Claudia Benitez** won the Serviam Award.
- ◇ The Honors Board held its first meeting.



# CONTENTS

## Editor-in-Chief

Michelle Goyke, '17

## Advisor

Dr. Amy Bass

## Contributors

Katy Baudendistel, '16  
Michelle Goyke, '16  
Alina Bachmann, '09  
Dr. Lynn Petrullo  
Lena Fin, '15  
Dorothy Thackeray, '17  
Alissa Sciomerri, '14  
Class of 2018

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- 2 What Has Honors Been Up To?
- 3 About The Cover  
*Lena Fin, '15*
- 4 Letter from the Editor  
*Michelle Goyke, '16*
- 5 Honors Matters: Smooth Sailing  
*Dr. Amy Bass*
- 6 Honors 304: Genetics & Identity  
*Dr. Lynn Petrullo*
- 7 Honors Curriculum: 2014-2015
- 8 Katy Studies Abroad  
*Catherine Baudendistel, '16*
- 10 Michelle at Sea  
*Michelle Goyke, '16*
- 12 The Other Side  
*Alina Bachman '09 and Alissa Sciomerri, '14*
- 14 Honors Students in the News
- 16 Welcome Class of 2018!  
*The Class of 2018*
- 20 The Last Word: Sportsmanship  
*Dorothy Thackeray, '17*

**ABOUT THE COVER:** The illustration was made using acrylic ink, paper, and vellum. It is part of my Spring 2014 series exploring the human figure, positive and negative spaces and object permanence. Each piece in the series had a "twin" with the same background in which the figure would be missing, but a silhouette cut out was left behind. It created the illusion of missing pieces, and helped explore the way our brains work to make connections and fill-in-the blanks, always looking for answers.

## LETTER FROM THE EDITOR: FAIR WINDS

Dearest Readers,

I hope your semester thus far has been as exciting and filled with new learning experiences as mine has!

This semester, I am attending the Williams-Mystic Maritime Studies Program in Mystic, Connecticut. I am having a life changing experience as I travel and learn about the influence our vast oceans have on American history, policy, science and literature. Thus far at Williams-Mystic, I have experienced life at sea, learned to sing many sea chanteys and have gotten immersed in hands-on, interdisciplinary learning. I refuse to spoil anymore for you, check out page \_\_ to get a more detailed account of my adventures thus far!

Although I am having an amazing time, I cannot wait to return to The College of New Rochelle next semester and reunite with the college community I hold so dear to my heart -- as well as get my hands back on *Femmes*!



Fair winds and  
smooth sailing,

Michelle

Above: Michelle at the helm of the *Tole*

*Fall 2014 ~ Femmes D'Esprit*

# HONORS MATTERS: SMOOTH SAILING

Dr. Amy Bass, Professor of History, Honors Program Director

Getting updates from *Femmes* editor Michelle Goyke has been particularly fun for me this semester. Following in the footsteps of Manuela Patino, Michelle has embarked on a semester in the Williams College-Mystic Seaport American Maritime Studies Program, something that I, too, did when I was a junior in college.

My decision to do Williams-Mystic came out of left field: while I loved the beach, and had spent a portion of every summer on the shores of Cape Cod, I had no particular interest in maritime history or oceanography or small-boat handling, all of which are courses offered in Mystic. So why, then, did I choose to apply to this semester focused on so many perspectives of the sea? Why didn't I apply to the various abroad programs that my friends were exploring? Indeed, my roommates were swamped with applications to Australia, Italy, France, England, Wales, Scotland, South Africa, and so on. But not me.

I didn't want to travel abroad for my junior year expedition. I had been out of the country already, and knew that I would travel as often as I could after graduation. Rather, I wanted to challenge myself, scare myself, do something totally outside of the box. So when I came across a pamphlet about Williams-Mystic, it all clicked: I would head to sea.

Williams-Mystic challenged me, to say the very least. On top of very difficult interdisciplinary coursework, I lived in

communal housing at Mystic Seaport in Connecticut in which we cooked for ourselves, and — the icing on the cake — embarked on a two-week sailing voyage in the Bahamas. Seasickness, homesickness, hard labor pulling lines and working the galley — all of this created challenge like I had never experienced before.

And I would not have traded it for anything in the world.

I am so excited that some of CNR's Honors students are getting these chances to explore the world. While Michelle and Manuela have followed in my own footsteps with Williams-Mystic, Katy Baudendistel is in South Africa, while Amanda Hernandez has recently returned from studying in Japan. These opportunities are part of what Honors is designed to support: motivated students leaving their comfort zones.

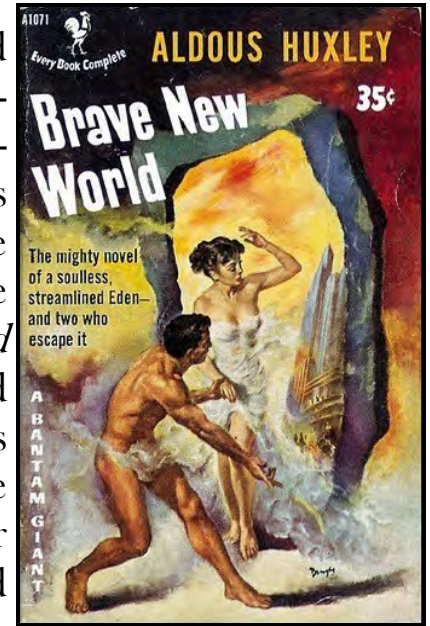
Per tradition, this issue of *Femmes d'Esprit* welcomes the newest members to the Honors Program: the Class of 2018. I hope they are excited about all that CNR and Honors has to offer, and I hope they are ready to accept the many opportunities that are before them. College is not always about smooth sailing, but it is often from the bumpiest of seas that we gain the most.



## HONORS 304: GENETICS & IDENTITY

Dr. Lynn Petrullo.

It has been awhile since I last offered Genetics and Identity. And, what appears to be a long time is because I have measured it using a scale set by the expansion and popularization of genetic technologies rather than the number of years from 2008. In the current version of HON304, we continued to set the stage for our discussions by reading *Brave New World* and viewing *GATTACA*. These two works still hold up with respect to laying out the themes of Eugenics and Genetic Essentialism that are used to unify the broad range of topics covered in the course. In order for the students to realize the power of the media and in particular, the internet in promoting genetic determinism and the need for genetic self knowledge, they have been searching for and sharing scientific and popular articles, ads, and images focusing on subjects such as Direct to Consumer DNA testing for genetic traits, pre-dispositions, and ancestry; and the role of genes in beauty, health, diet, and behavior. Reading assignments and discussions of the legal, ethical, and medical implications of reproductive technologies, including the recent perk for female employees offered by Apple Inc. and Facebook: the frozen eggs benefit have added to the topic array. In the final weeks of the course, we will consider forensics and the power of the DNA pen to rewrite history. As in the past, I look forward to the students' presentations on "A DNA Fingerprinting Identification of a Fictional or Real Person of Unknown or Mistaken Identity." But, I am more curious to read the results of a new assignment, in which I am asking the students to write a work of speculative fiction on a genetic technological utopia or dystopia, their choice. I hope that this assignment will bring the course full circle for the students.



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## HONORS CURRICULUM: 2014-2015

### Fall:

- ◇ Honors 110: First Year Experience, Dr. Jorge Medina
- ◇ Honors 105: Critical Research Essay, Dr. Daniel McCarthy
- ◇ Honors 304: Genetics & Identity, Dr. Lynn Petrullo
- ◇ Honors 385: Catastrophe!, Dr. Roblyn Rawlins
- ◇ Honors 490: Senior Symposium I, Dr. Amy Bass

### Spring:

- ◇ Honors 108: Topics in Identity: Spiritual Memoir, Dr. Erica Olson-Bang
- ◇ Honors 289: The Art of the Book, Ms. Margie Neuhaus
- ◇ Honors 386: Catastrophe! Dr. Roblyn Rawlins
- ◇ Honors 491: Senior Symposium II, Dr. Amy Bass

### NEW COURSE: Spiritual Memoirs

**Dr. Erica Olson-Bang, Assistant Professor of Religious Studies**

Since the canonical gothic novel *The Castle of Otranto* was released in 1764, the gothic mode has questioned mainstream cultures and societies, challenging traditional boundaries between reason and unreason, male and female, self and other, good and evil, God and Satan, and even life and death. As much lifestyle as artistic technique, the gothic mode has influenced art, architecture, fashion, popular music, literature, cinema, and television. This course will investigate 'goth' as a subculture and as a transmedia artistic form. Beginning with the classic Poe tale "The Fall of the House of Usher," we will follow gothic trends and tendencies up to the present day with *Twilight* and "True Blood." Open to sophomores, juniors, & seniors.

# KATY STUDIES ABROAD!

Katy Baudendistal, '16

*For the fall semester, Katy is studying in South Africa. Lucky for us, she is detailing her adventures in her blog, which can be found at <http://katystudiesabroad.wordpress.com/> Here are some excerpts!*

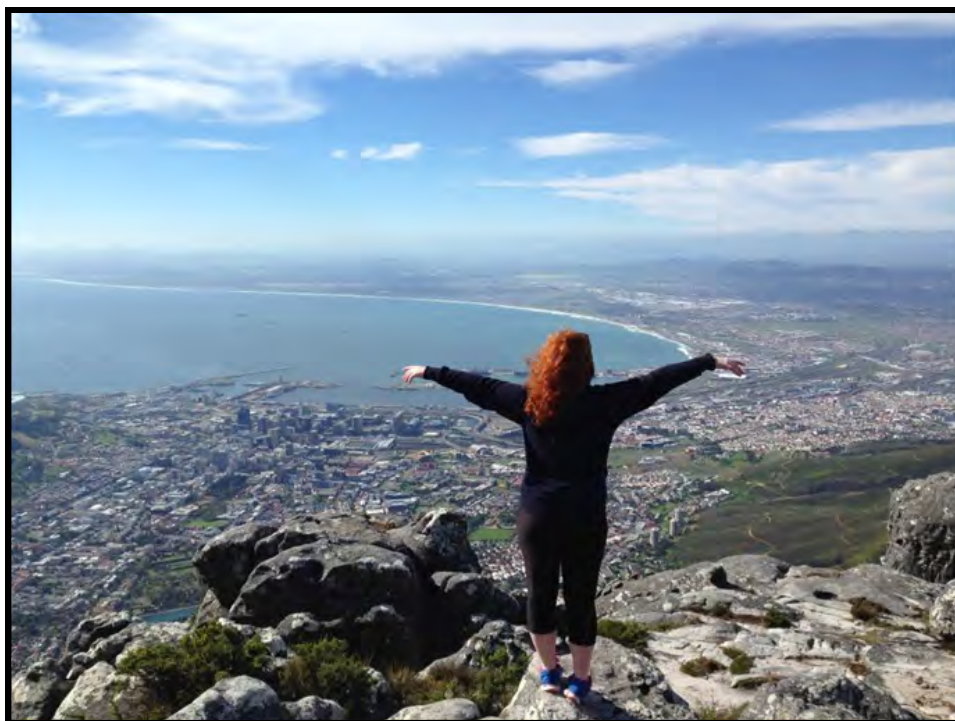
**Cultural Differences: August 3, 2014:** While I've been here I've tried to recognize some cultural differences, or just small things, that I've noticed. Here it goes:

1. **When walking down the sidewalk, move to the left.** Just like driving on the left, they also walk on the left. I've had some awkward "dancing" with people.
2. **When looking for the street you're on, look at the curb.** Instead of street signs, the streets are painted onto the curbs. They aren't as common as I'd like either, hence why I sometimes get lost.
3. **"Just now" does not mean now.** It might mean right now, or in a couple minutes, or in awhile from now.
4. **People don't walk around looking at their iPhones.** When walking down the street, people aren't consumed by their technology. At dinner they aren't texting people or surfing the internet. They are in the moment. It's absolutely beautiful.
5. **Wine is everywhere.** We were served wine at orientation. All events have wine. Wine is huge here.
6. **Military time is used.** It's also not that easy to get used to. I am still adjusting, but it is getting a bit easier. I still have to convert it to the 12 hour system, but hopefully I will be able to adjust to military time.
7. **It's braai, not barbecue.** Never refer to it as barbecuing – it's basically a sin.
8. **It's normal for people to code-switch.** They can start a sentence in Afrikaans, then start speaking English mid-sentence, and go back to Afrikaans. They even offer classes like that.
9. **The binders have two holes, not three.** Apparently this is normal because one of my German friends was so amazed by my three-ring binder that she had to take a picture.
10. **Poverty is extreme.** Every time I go out we see people on just about every street begging for money, picking through trash, or sleeping. At orientation we were told not to give them money. My friends and I try to make it a habit of getting our leftovers wrapped up and we give it to a homeless person on our way back.

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From shark diving to safari, Katy has been fully embracing all that South Africa offers during her semester at Stellenbosch University .



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*Femmes D'Esprit ~ Fall 2014*

## FAR AFIELD: MICHELLE AT SEA

Michelle Goyke, '16

“How would you like to go away for a semester?” Dr. Bass asked. It did not take much to convince me that just like the many other opportunities the Honors Program has offered me (like exploring Niagara Falls at last year’s NRHC conference) that it was time for me to spread my wings and soar off to a new adventure.

As a New Rochelle native, my five-minute commute to The College of New Rochelle has been very convenient and quite familiar. When Dr. Bass presented me with the life changing opportunity to get the full college experience of moving away from home to attend the Williams-Mystic Maritime Studies Program in Mystic, Connecticut, I was extremely excited and slightly nervous!

Even though I am a junior, I felt like a freshman leaving the comforts of home for the first time. Once I got to Mystic, my worries diminished as I got to meet the 17 other inspiring students in the program! The positive environment of the Williams-Mystic program made my transition come with great ease and within one week; Mystic, Connecticut became my home.

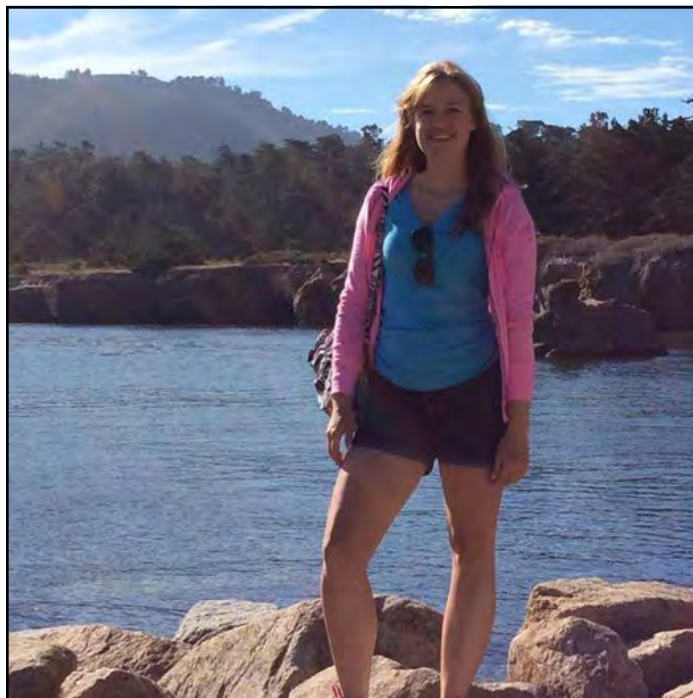
The Williams-Mystic program has offered quite a unique academic experience. This semester, I am gaining an interdisciplinary perspective on various topics in my courses: Marine Policy, Oceanography, Maritime History, and Literature of the Sea. In each of these classes, we connect hands-on learning and real life experiences to literature and scientific findings. One class may take place on the Charles W. Morgan (the world’s last wooden whaling ship, located on our campus grounds at Mystic Seaport), and the next class may be a plane ride away.

What makes the Williams-Mystic program even more amazing is how our curriculum is greatly enhanced by three field seminars that we embark on.



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For our first field seminar, I had the opportunity to learn how to sail a 156 foot, three-masted, square top sail schooner named the *Tole Mour*. Aboard the *Tole Mour*, I had the opportunity to not only get a glimpse of what the life of a sailor would possibly be like but to also endure the vast Pacific Ocean off of the Californian coast. Combatting both homesickness and seasickness was quite difficult, especially when there was no land in sight. Hauling in lines to strike sails while singing sea chanteys, steering the ship at the helm, and being on lookout on bow watch we're just some of the many jobs I had aboard. I found bow watch to be my favorite duty as it gave me the opportunity to admire the vast ocean's beauty. Occasionally, we would even see dolphins jumping beside our boat!



Luckily, our hard work aboard the *Tole Mour* was compensated with many astonishing experiences. Not only did we get the opportunity to explore the world's largest sea cave at Santa Barbara Island, we also had the chance to go snorkeling twice! The first time we went snorkeling, we had the chance to swim with curious sea lions. One sea lion swam only two feet below me! During my second snorkeling adventure, I had the chance to admire the diverse marine species off of the shores of Catalina Island! For our second field seminar, we returned to the West Coast to explore the Californian Coast from an on-land perspective. Driving a Crowley Tugboat in the San Francisco Bay, going on a Whale watch in Monterey and getting an Argentine Tango lesson were just few of the remarkable experiences we have shared!

Unlike other road trips one may take with family and friends, this trip was much more fulfilling as we are enriched with an academic background of the sites we visit. With this knowledge, we obtain a greater understanding and appreciation for what we saw. The astonishing topography of California can hardly be described in words. Vast hills, admirable coast-line beaches, and impressively durable Redwoods are just few of the many natural features that have both left an impression on me as well as left me in awe. Throughout my admiration of these natural wonders, I could not help but envy California residents as they have the chance to admire these breathtaking landscapes daily.

Our third and final field seminar will be taking place in Louisiana. There, we will be exploring the Gulf of Mexico, the rich Cajun culture of New Orleans as well as explore the marine habitats of Louisiana's bayous. I am so excited!

# THE OTHER SIDE: OUR GRADUATES

Alina Bachman, '09 and Alissa Sciomerri, '14

From Alina:

After working as the Director for an established artist's studio in Chelsea for the past several years, I decided to pursue my passion for non-profits and wildlife conservation. I am now the Production Artist for the Wildlife Conservation Society, whose headquarters are beautifully situated in the heart of the Bronx Zoo. WCS manages over 500 conservation projects in more than 60 countries, including five parks in New York: the Central Park Zoo, Prospect Park Zoo, Queens Zoo, and NY Aquarium, in addition to the Bronx Zoo.



*Alina Bachman posing with Honors pal Karyn Mooney after their 2009 Hooding Ceremony.*

WCS manages over 500 conservation projects in more than 60 countries, including five parks in New York: the Central Park Zoo, Prospect Park Zoo, Queens Zoo, and NY Aquarium, in addition to the Bronx Zoo.

I work in the Public Affairs Department on creative projects for WCS' media needs, which include designing and coding its email campaigns, creating print and web advertisements for magazines and other news outlets, as well as maintaining all parks websites, WCS.org and other campaigns, such as [votebison.org](http://votebison.org), [96elephants.org](http://96elephants.org) and [beardsforbison.org](http://beardsforbison.org).

It's been an amazing and inspirational experience thus far to work among (and photograph!) such beautiful creatures every day, and utilize my artistic talents to benefit environmental causes I am most passionate about. As an organization, we will be doing a lot of campaigning for Great Apes in 2015, which goes in line perfectly with my own senior thesis project Person of the Forest from 2009 at The College of New Rochelle. That project has been installed at the Milwaukee County Zoo since 2012.



*Alina's exhibit at the Milwaukee County Zoo.*

Fall 2014 ~ Femmes D'Esprit

From Alissa:

I'm part of the Long Island Aquarium's education team. During the summer months, the aquarium has a boat that takes guests out to a private beach where we seine for fish and pull up crab traps, including the spider crab that you see in the picture below!

I've also been doing volunteer work with The Riverhead Foundation for Marine Research and Preservation on the Rescue Team, which works directly with sick and injured marine mammals and sea turtles which strand in New York State. I have had the opportunity to assist the Foundation with conducting a necropsy on a 58 foot fin whale which washed up on Smith's Point Beach on Long Island about two weeks ago. I've also seen a leather back, the largest sea turtle on the planet up close. The other day I learned how to tube-feed a harbor seal in critical condition.

With live animals, I have been working with the rescue team to rehabilitate and release the animals that come up.



Alissa (on the far right) works during a seal release.

## HONORS STUDENTS IN THE NEWS: INGELORE

Reprinted from cnr.com

The story of a deaf Jewish woman's courage and survival from her parents' neglect, a childhood rape, and escape from Nazi Germany has inspired many ----and even changed the perception of the Holocaust for some freshman Honors students at The College of New Rochelle.

Thoughts of murder and bloodshed surrounding the Holocaust turned to feelings of strength and survival after the students heard the story of Ingelore Herz Honigstein.

"Ingelore," an award-winning documentary directed and produced by one of the woman's sons, was presented Wednesday, September 17, to Honors First Year Experience students as part of the program's "Voices in Conversation" theme.

Ingelore's journey hits close to home for Stan Friedmann, who grew up in Washington Heights with the woman's two sons. Friedmann, a former history teacher in the Bronx who is now a director at Mount Tom Day Camp in New Rochelle, presented his "Ingelore: The Legacy" educational program to the CNR students.

Friedmann detailed Ingelore's perseverance and ability to develop a vibrant personality, despite being deaf and shunned by her parents for being mute. Ingelore was 6 years old when a foster father finally inspired her first word.---



Ingelore's fight, however, went beyond just her lack of hearing. Ingelore, who died in July 2012 at the age of 88, was raped as a teen by two Nazi cadets. She became pregnant, and had an abortion soon after she fled to the United States.

Ingelore found a new life in New York and eventually raised two sons, but she never shared her early-life story until she was 75 years old. Her son, Frank Stiefel, then turned her arduous journey into an inspiring documentary that has aired on HBO.

The 40-minute film, which mixes speech with sign language and includes subtitles, inspired the students to think about the struggle to feel accepted and how victims are perceived.

"You don't think of victims as people," one student said. "When you think about the Holocaust, you don't think about the survivors. You don't think about what they went through and what they continue to go through."

The Honors First Year Experience, led by Professor Jorge Medina, is connected to the Living Learning Community for Honors students residing in Ursula Hall. "In these first weeks, we are trying to create a comfortable rapport amongst the new Honors cohort, and special programs such as this one help us to do that," said Professor Amy Bass, director of the Honors Program.

## HONORS STUDENTS IN THE NEWS: SUMMER STUDY

Reprinted from cnr.com

The Glenwood Lake Association has enlisted the help of Associate Professor of Chemistry Elvira Longordo and three students from The College of New Rochelle to research the health of Glenwood Lake, which ultimately empties into a brook that feeds the Long Island Sound. The Association is supporting the students with lakeside assistance and \$2,000 in funds as they conduct research on whether the lake is threatened by natural causes or human activities. For the students majoring in chemistry and biology, the project also offers an opportunity to use sophisticated instruments and sharpen their field research skills while working on a real-world problem related to their majors.

The lake which provides sanctuary to birds of the Atlantic waterway as well as native plants and amphibians, is also a precious natural refuge for residents of southern New Rochelle. Concern about its water quality spiked recently when a number of crawfish crawled out of the lake and died on its shore. Many hypothesize that an increase of algae, milfoil, and other leafy matter growing on the lake's water over the years deplete oxygen from the lake which is threatening its animal life. When recent installations of two aerator pumps did not sufficiently mediate the problem, the Glenwood Lake Association invited Longordo to discuss options at a meeting in March.

Longordo pointed out that many factors could contribute to depletion such as eutrophication, natural aging of a lake, as well as from the close proximity of people around the lake, who introduce phosphates from lawn fertilizers, gas/oil from cars, road/salts or sewage by-products. The Glenwood Lake Association, led by President Amy Jackson, agreed to support Longordo's research proposal to collect data on the lake water chemistry over the summer, including how outdoor summer activities of people impact the lake.

Assisted by her students **Manuela Patino** SAS'15, a chemistry major; **LeeAnne Daily** SAS'15, a chemistry major and biology minor; and **Kamala Brown** SAS'16, a biology major and chemistry minor, Longordo will take measurements of dissolved oxygen, phosphates, nitrates, pH, temperature, alkalinity, salinity, and turbidity. Measurements are made at several points around the lake once a week and in the lake itself, via a resident in a flat-bottom boat every other week.



"It's a wonderful opportunity for the students to do research on a real-world problem in a field setting. They calibrate the instruments, take photos, measurements and samples. In a class this fall called Research Seminar in Modern Chemical Problems, we'll analyze the data, put it together with conclusions and observations and make a presentation to the Association," explained Longordo.

The students earn a stipend and experience in exchange for their weekly research time. "I like helping people out through this research, it's like a calling in the science field. I look forward to it because of the hands on aspect. I like to see it in the field and experience it myself," explained Brown.

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# WELCOME CLASS OF 2018!

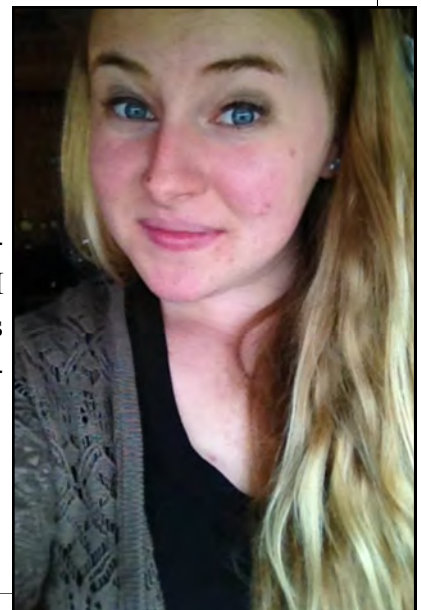
*The Living & Learning students in the Honors class of 2018 introduce themselves to the rest of Honors! Let us all extend a warm welcome to our new members!*



My name is **Hannah Cambel** and I'm from Houston, Texas. I graduated from Westbury Christian High School, and although I'm far from home, I felt extremely welcomed the moment I stepped on campus. I look forward to studying and learning a variety of things here at CNR, and I would really like to study abroad if I get the chance to. As a student-athlete, it is challenging to balance academics and sports, but being a part of the Honors program takes that challenge to the next level. Fortunately, the community we build in the Honors Program is very supportive and that is my favorite part of being in Honors so far. I feel that I am being well prepared for the future and meeting life-long friends at the same time.

My name is **Barrett Pritchard** and I am from York, Maine.

I went to York High School. I am currently undecided but I am interested in studying Communications or Marketing here at CNR. I am a part of the CNR swim team. I am really enjoying the Honor's program right now. I love the small class size and the new friendships created from this common experience.



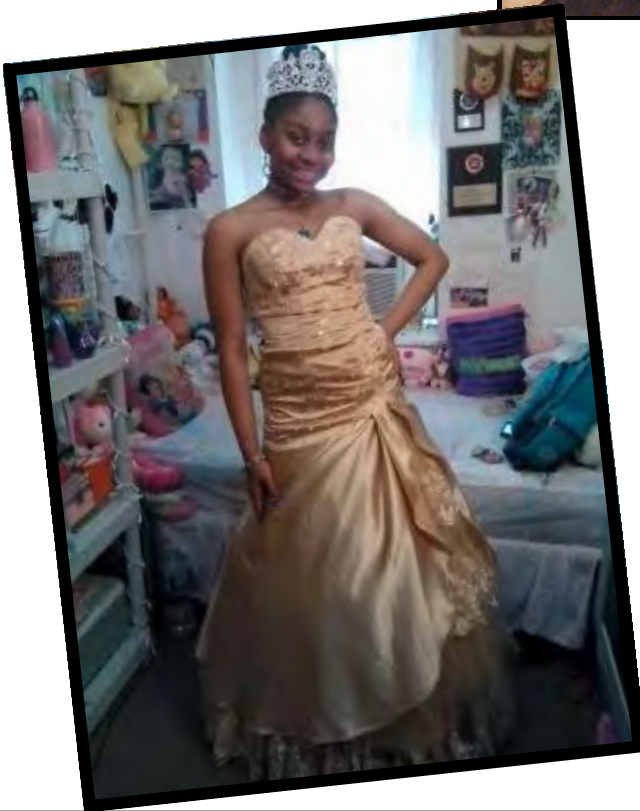
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My name is **Nuani Bernardez** and I am a first year student in the Honors program. I am from Los Angeles, California. I recently graduated from Bishop Montgomery High School in Torrance, California, where I enjoyed four years filled with excitement, learning, and wonderful experiences. For as long as I can remember, I have been immensely interested in all things involving business. This is mainly what drove me to major in business and eventually earn a degree in it in the next four years. Along with a passion for business I also have a love for traveling. I hope to mesh my two interests by participating in a Study Abroad session in the future. Being in the Honors program so far has taught me to manage my time well and to do the best possible work I am able to do. I am looking forward to the next four years here at CNR in the Honors program!



My name is **Maris Mendez**. I grew up in Washington Heights in New York. I went to a Catholic all girls' high school called Saint Jean Baptiste in the upper east side of Manhattan. I am part of the class of 2018. Since I was young, I have always been interested in the medical field. I went from wanting to be veterinarian to a doctor, but as I grew up I lost interest in these professions. However, I still was captivated with the idea of medicine. I started looking into pharmaceuticals since I started my junior year of high school. I became fascinated with the study of chemistry, and started looking into pharmacy because it combines both my interest for medicine and chemistry together. The Honors Program is teaching me skills and techniques that are essential for succeeding in life. I have learned to manage my time and relate different subjects together. It is pushing me to best of my ability, and teaching me how to view things in different way.

My name is **Diamond N. Yancey**. I am from Brooklyn, NY and I went to Brooklyn High School of the Arts as a vocal major. It is located in downtown Brooklyn a short walking distance away from the Barclays Center where I have performed several times with my choir. I am interested in studying American History and the Bible. I am also going to work towards my Education Certificate for early childhood and perhaps take steps towards becoming a certified midwife. I feel that Honors is very helpful in keeping me on track while I'm here. It gives a good amount of work for me to keep my head in my books while still enjoying my experience in college. Also, Honors has really helped me improve my writing as well as my time management because it had certainly become easier for me to write more pages in less time. I am excited to continue in the honors program and keep learning as much as I have been.



*Fall 2014 ~ Femmes D'Espit*



My name is **Lina Arboleda**, I was born and raised in a small town of Colombia and moved to New Rochelle on December of 2010. I went to New Rochelle High School and there I got involved in many different activities such as clubs, community service programs, conferences, etc. Right now I am a business major and I am still exploring my options for possible minors. I am currently involved in Campus Ministry and am looking forward to getting more involved in different activities at CNR. Being in the Honors program is one of my biggest accomplishments, at first I was uncertain about my abilities because being in

Honors requires more responsibility and better levels of academic developments, but I like being asked to do more and more. I believe that being in the Honors program will allow me give more of myself. Thank you for the opportunity of being in Honors Program!



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My name is **Dominique Smith** . I'm from Brooklyn, NY and I graduated from The High School for Enterprise, Business, and Technology . CNR has inspired me to study Communication Arts to become a public relations manager. Being a student here has also inspired me to contribute to the community around me in anyway possible . As a part of the Honors family, my eyes have been opened up to so many different perspectives . We each have different backgrounds, but our ability to connect on an academic level furthers our social interaction. It has truly been a heartwarming experience.



# THE LAST WORD: SPORTSMANSHIP

Dorothy Thackeray, '17

I have never been part of a team per say since I have never done a "real" sport. I mean I did baton twirling for 6 years, however, most don't consider that an actual SPORT.



This year, my amazing roommate (Phedorah, see left) convinced me to join our colleges first ever JV Volleyball team. I had absolutely ZERO experience other than high school gym class up until this past Monday when I went to my first practice. I didn't do too bad, but I didn't do that great either.

Today I went to practice again and improved, although I still cannot serve for shit. An hour after my second ever practice was our first game. I was nervous so I am sure my teammates were nervous as well. We did everything we could to prepare for this game and I have to say we did a lot better than I had anticipated. With every set we improved. Ultimately, we did lose (technically), the other team won the first three sets ending the game.

Most die hard athletes would disagree with me about what I am going to say next: To me, this "loss" was a victory. We all learned something from this game and this first experience and know what to improve on for last time. Coach said that she always tells beginning teams that success is to not let the opposing team win while you're still in single digits (points wise), we succeeded in the last two sets by getting 10 and 11 points. Like I said before, with each set, we improved.

I was on the side lines since I had only participated in one practice and wasn't quite comfortable enough to play in the game. From this stand point I noticed a lot, along with my other teammates standing on the side with me. The team members on the court were doing fine skill wise, for what they had learned in practice, but what they lacked and probably could have used to help them was COMMUNICATION. They weren't talking to each other to let them know what was going on.

With that being said, a valuable lesson I learned today was that whether you win or lose, it's still a win because you learn something from the experience whether bad or good, and that communication is key.

Excerpted from Dorothy's blog *Doses of Dori: My Life Trasccribed*,



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